

Bandon AC Senior Men Indoor Club Records

Last updated 11 February 2024

Event	Result	Holder	Date	Venue
60m	6.96	<i>Joe Gibson (U23)</i>	27-01-2019	<i>Athlone</i>
200m	22.40	<i>Darren Coughlan (U19)</i>	26-03-2000	<i>Nenagh</i>
400m	49.23	<i>Scott Gibson (U19)</i>	22-03-2015	<i>Athlone</i>
600m	1.40.41	Ruari Falvey (U18)	03-03-2020	Nenagh
800m	1.55.99	<i>Ronan Duggan (U23)</i>	19-02-2011	<i>Belfast</i>
1000m	2.43.52	<i>Diarmuid O'Connor (U19)</i>	23-02-2020	Abbotstown, Dublin
1500m	3.58.00	<i>Gavin Kenny (U23)</i>	10-02-2024	Abbotstown, Dublin
1 mile	4.22.38	<i>Fionn Harrington (U23)</i>	29-01-2022	<i>Lubbock, Texas, USA</i>
Oversized track	4.09.76	Fionn Harrington (U23)	20-01-2024	Notre Dame, IN, USA
3000m	7.56.21	<i>Richard O'Flynn</i>	02-02-1985	<i>Dallas, USA</i>
2 Miles	8.34.4	<i>Richard O'Flynn</i>	02-02-1985	<i>Dallas, USA</i>
5000m	13.39.44	<i>Richard O'Flynn</i>	09-02-1985	<i>East Rutherford, USA</i>
4x200 Relay	1.34.0	<i>Darren O'Driscoll (U19), Ronan Harris (U18), Darren Coughlan (U18),</i>	01-04-1999	<i>Nenagh</i>
3k Race Walk		No performance yet		
60mH (1.07/13.72/9.14)	9.68	<i>Tristan Chambers (U23)</i>	29-01-2022	<i>Athlone</i>
Long Jump	7.53	<i>Shane Howard</i>	28-01-2017	<i>Glasgow, UK</i>
Triple Jump	13.44	<i>Promice Okafar (U23)</i>	31-01-2016	<i>Athlone</i>
High Jump	1.95	<i>Diarmuid O'Connor (U19)</i>	05-01-2020	<i>Nenagh</i>
Pole Vault	3.90	<i>Diarmuid O'Connor (U23)</i>	10-02-2024	<i>New Haven, CT, USA</i>
Shot Putt (7.26 kg)	14.47	<i>Diarmuid O'Connor (U23)</i>	10-02-2024	<i>New Haven, CT, USA</i>
56 lb Weight for Distance	5.68	<i>Patrick McSweeney Snr. (MI)</i>	30-12-2007	<i>Nenagh</i>
Heptathlon (60, LJ, SP, HJ, 60H, PV, 1000)		No performance yet		

Pentathlon (60H, LJ, SP, HJ, 1000) Intervarsities	2516 (9.68 (603), 5.56 (494), 8.42 (391), 1.70 (544), 3.19.72 (484))	<i>Tristan Chambers</i>	<i>29-01-2022</i>	<i>Athlone</i>
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Hand times and electronic times are compared as follows: 0.24 seconds added to hand times up to 400m and 0.14 seconds added for distances 400m and up. Identical results are listed in order of decreasing age.
For Combined Events "Senior Men's and Women's IAAF Scoring Tables are used, Ed.2001